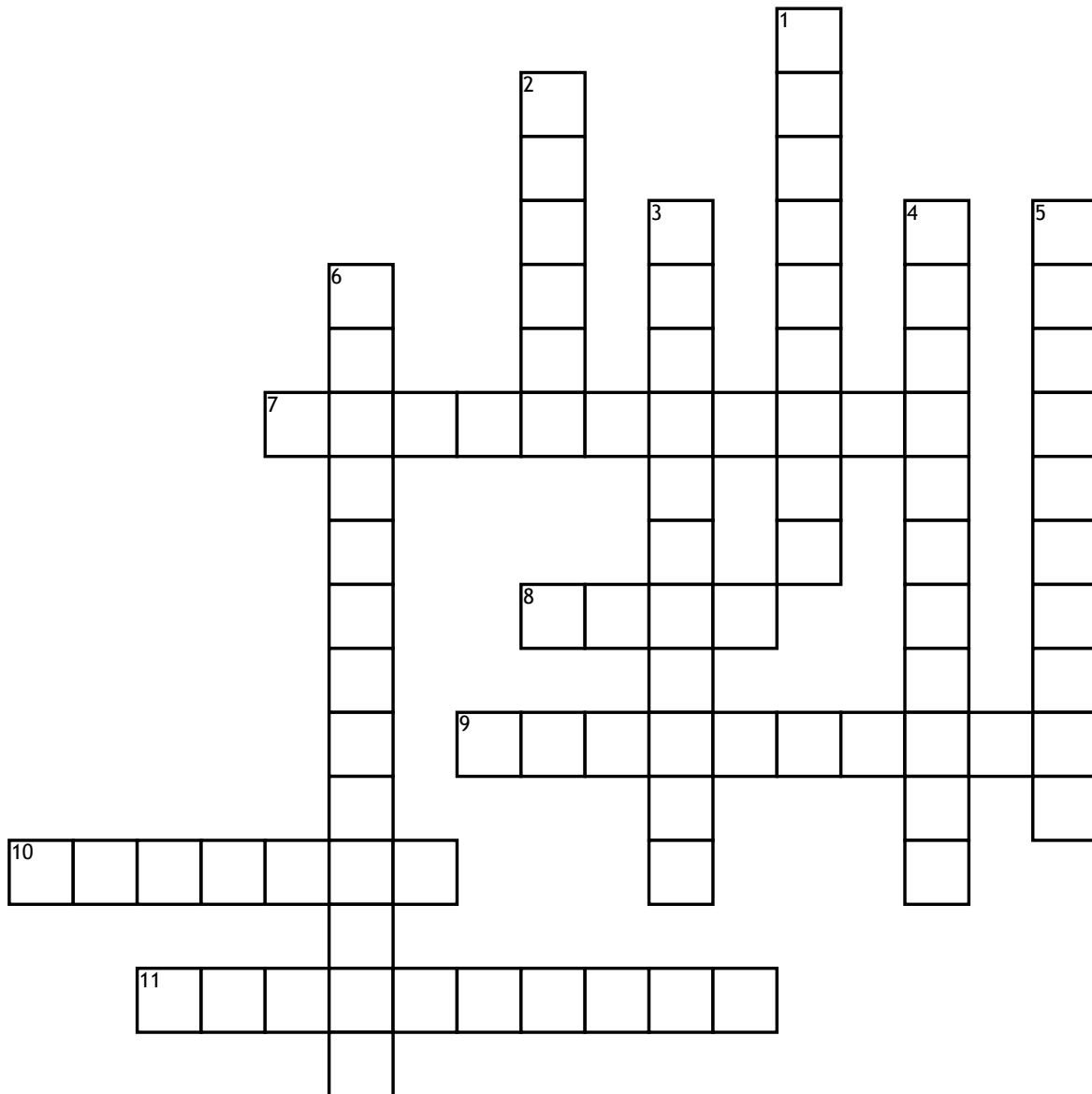


Name: _____

Date: _____

Sickle Cell Care



Across

- 7. activities that keep your mind off pain
- 8. temperature adjustment to ease pain
- 9. activity to relax your mind and put you at peace
- 10. method to relax muscles and decrease pain
- 11. Writing or drawing as a distraction method

Down

- 1. taking fluids to prevent crises

- 2. reaching out to a higher power to help and assistance
- 3. medication to prevent common infections and keep you healthy
- 4. Activity to raise blood counts by recieving blood
- 5. ways to keep your muscles warm and flexible to ease chronic pain
- 6. Activity meant to distract your mind and put you at ease by imaging a safe and happy place